

Tips for an Assault Prevention Plan

1

Know where the exits are and how you can escape if someone tries to hurt you.

2

Always have your phone with you in case you need to call for help.

3

Stay away from unsafe places like dark alleys or abandoned areas.

4

Know who to call when you need help.

5

Avoid talking to strangers.

6

Try to go to places with a group, especially if you are going somewhere at night.

7

Do not go into a room or get into a car alone with people you do not know.

8

Walk on the sidewalk facing traffic so you can be aware of cars following you.

9

Avoid walking near places where someone can hide.

10

Wear shoes and clothes that you can run freely in.